

California Sushi Bowl

6 (1/2 Cup) Servings; 12 (1/4 Cup) Sample Servings

1 ½ Cups Brown Rice

2 Cups Water

1 ½ Cups of Imitation Crab Flakes

1/3 Cup of Low Fat Mayonnaise

1 Teaspoon of Rice Vinegar or Plain Vinegar

2 Teaspoons Sugar

Salt and Pepper to taste

1 Ripe Avocado

1 Fresh Whole Lime or Lime Juice

½ Cup Nori Strips (Dried Seaweed)

Low Sodium Soy Sauce

- 1) Rinse the dry calrose rice under cold water in a strainer for 5 minutes.
- 2) Place the dried rice and the water into a medium sauce pot and bring the rice and water to a boil over high heat. Stir once and place the lid on top of the sauce pot. Turn the heat down to medium low and let cook for 25-30 minutes until the rice is soft.
- 3) Use a large bowl to flake or crumble the imitation crab. Add the low fat mayonnaise, vinegar, sugar, salt and white pepper. Combine the crab mixture and set in the fridge until you are ready to create your sushi bowls.
- 4) Use a spoon to scoop out the light green part of the avocado halves. Slice the light green colored part of the avocado into small slices or cubes. Slice the lime in half or use lime juice and squeeze the lime juice over the top of the cut avocado to keep the green color from turning brown.
- 5) Place 1/2 cup of cooked calrose rice into 6 bowls and then place ¼ cup of the crab mixture on top of each rice bowl. Evenly spread the sliced avocado onto each bowl and sprinkle with the dried nori strips.

Nutritional Information:

Calories 149; carbohydrates 22g; protein 5g; fat 4g*; saturated fat 0g; trans fat 0g; cholesterol 7mg; sodium 430 mg; fiber 3g; calcium 16mg; iron 0mg; folate 22mcg; percent calories from fat 41%*

**Fat from avocados is an essential Omega 3 fat for proper brain development

^{**}Sprinkle with Low Sodium Soy Sauce if so desired.**